So you have been home for a while -
HOW ARE YOU DOING GETTING READJUSTED?

Are you -

- Reliving war zone experiences (nightmares, preoccupation with the war)
- Trouble falling asleep and staying asleep
- Difficulty being in crowds or driving
- Feeling cut off and alienated from other people

or

- Wanting to isolate yourself and be alone much of the time
- Increased use of alcohol or drugs in order to feel better
- Feeling anxious, easily startled, or jittery
- Overly angry or irritable
- Loss of interest in formerly enjoyable activities
- Trouble concentrating and paying attention

or having

- **Marriage relationship problems**
- **Medical issues**
- **Financial / Employment challenges**
- **Feeling guilty**

Over 40% of returning Veterans are experiencing some of these challenges.

Things will never be the way they were, but if they aren't good and getting better, talk to someone who understands and can help!

Don't let these kinds of readjustment issues or stressors get you down and damage your life.

There are a lot of ways and people that can confidentially help make things better. Give me a call.

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Life is meant to be enjoyed & sometimes we all need a little help.